

Volume 5 2021

A Public Health Newsletter
from the Florida Department
of Health in Seminole County



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Message from the Health Officer

Greetings! As we transition into a year of recovery and renewal, it is important that we reflect on all that was accomplished in 2021 and how our successes in overcoming unique challenges has laid the groundwork for the great things we continue to accomplish in Seminole County. The Florida Department of Health in Seminole County (DOH-Seminole) continues to strengthen our bonds and relationships with community partners. The COVID-19 pandemic compelled us to come together as a community and overcome adversity while managing our everyday lives. Often we do not know the strength that lies within us, and it is only when we are challenged that the wellsprings of resilience are discovered. Public health is much more than meeting and overcoming an immediate threat such as a virus. It is about looking at the needs and improving the overall health of the entire community which means addressing the well-being of all its members, often referred to as population health. As in many communities, members of Seminole County are from diverse socio-economic backgrounds which necessitate tailored programs and services through community collaboration to ensure positive health outcomes for everyone. Cross-sector partnerships help create a culture of health and DOH-Seminole is proud to be a central convener in building and strengthening partnerships throughout Seminole County.

DOH-Seminole promotes a 'health in all policies' approach to public health to address

the complex factors that influence health and equity, and focuses on the social determinants that affect health outcomes including access to care, employment and transportation. While COVID-19 dominated the headlines in 2021, chronic diseases like diabetes and heart disease are still leading causes of death nationally. The good news is that these conditions are preventable and reducing risk factors by promoting physical activity and improving access to healthy, affordable foods is a proven strategy to help prevent chronic diseases.

The COVID-19 pandemic resulted in many adverse physical and emotional health outcomes, including the toll it took on mental health due to the stresses and disruption that affected every member of our community, and an increase in substance use such as opioids and other illicit drugs. As you will find in the pages of this newsletter, DOH-Seminole continues to work with various organizations to address the opioid crisis and other mental, behavioral and physical health concerns.

Access to care is essential to a community's health. DOH-Seminole has consistently worked to improve access to care through community partnerships and enhanced access by inviting organizations into our building, such as Victim Service Center of Central Florida. Offering clients access to various resources in one location not only increases awareness of the resources that are available, but also provides ease of use.

Similar to preventing chronic diseases and improving access to care, health equity is also an important factor to achieving overall health in our community. Health equity is essentially valuing everyone equally and optimizing the conditions in which people are born, grow, live, work, learn and age. For example, underserved members of our community that may struggle with access to sufficient food are able to visit DOH-Seminole for groceries offered at the food pantry in partnership with The Sharing Center. We look forward to offering more public health services this year as our community recovers from the pandemic and we continue our mission to protect, promote and improve the health of Seminole County residents.

Donna J. Walsh, MPA, BSN, RN
Health Officer
Florida Department of Health in
Seminole County



Vaccine Site Expansion

Seminole County expanded the COVID-19 Oviedo Mall Vaccine Site, in January of 2021, nearly quadrupling potential occupancy load. The Vaccine Site consisted of two Oviedo Mall storefronts, totaling 12,530 square feet. The new 46,095 Sq. Ft. location, a former Sears store at Oviedo Mall, also featured direct parking lot access to the entrance, making the site more easily accessible.

On January 14th, media visited the new Oviedo Mall location to gather video of the site set-up. This included placing signage, staging waiting areas, setting up computers, among other activities. Health Officer Donna Walsh answered media questions during the Oviedo Mall new POD site media availability.



Health Officer Donna Walsh answered questions from the media regarding the new POD site.

Grace & Grits Outreach

Carlos Diaz and James Witherspoon from Community Integrated Mobile Health Services (CIMHS) hosted an outreach event at Grace & Grits, a First United Church initiative that operates a shared effort amongst Sanford area churches to feed individuals with food insecurities. From September 2020 through March 2021, CIMHS outreach events provided over 450 adult immunizations in the community in addition to other services including hypertension, diabetes and cholesterol screenings, COVID testing, rapid HIV testing, condom and food distribution and information and referral services.



Goldsboro Trail Cleanup



On Sunday, January 24th, the Florida Department of Health in Seminole County (DOH-Seminole) staff participated in the ribbon cutting and clean up for the Goldsboro Trail in Sanford. The trail has been adopted by DOH-Seminole and friends and more clean ups will be scheduled in the future.

Walking Path Ribbon Cutting

On Friday, February 19th, the Office of Health Promotion and Education (OHPE) as well as Donna Walsh joined the Warley Park Apartment staff for their Walking Path Ribbon Cutting event. Through a grant, DOH-Seminole partnered to design and install signs for the walking path.



Harvest for Healthy Kids

A child from Perfecting Minds Academy daycare center is helping a parent with making Carrot Fries. This recipe was in the January newsletter that Amanda Beal created for her "Harvest For Healthy Kids" Supplemental Nutrition Assistance Program Education (SNAP-Ed) grant activity.

"Harvest For Healthy Kids" is a monthly newsletter on the health benefits of fruits and vegetables that Amanda sends out to Seminole County daycare centers.



Orlando Health Community Grant Program



On Friday, March 5th, DOH-Seminole's Community Integrated Mobile Health Services (CIMHS) and Diabetes Self-Management Education Programs received a check for \$75,000 from the Orlando Health Community Benefits Grant Program.

The Orlando Health funding will allow CIMHS to expand the scope of current services and deploy a wide array of screening and supportive services to lower socio-economic communities where residents traditionally avoid seeking healthcare due to lack of transportation, paid time off from



work or other financial barriers. It will also enable the Diabetes Self-Management Education program to add Spanish-speaking staff to the Diabetes team and deliver the programs in Spanish.

Cultural Competency

Venise White, Community Programs Manager for DOH-Seminole, was selected as a recipient of a scholarship from the American Public Health Association's (APHA) Policy Action Institute as a leader promoting advocacy in the state public health association, and with affiliates of the region.

Venise provided several Cultural Competency and Heathy Trainings to the Pasco County Cultural Competency Committee, Alpha Kappa Alpha Sorority, Incorporated - Psi Theta Omega Chapter of Greater Orlando and the Mental Health Association of Central Florida.



Livable Community Spotlight

In February, the Florida Department of Elder Affairs Livable Community Newsletter highlighted the partnership between the City of Longwood and DOH-Seminole in working with seniors that need assistance or support. One instance cited in the newsletter highlighted collaboration between the Longwood Police Department's *Are You Okay* program and DOH-Seminole's Community Integrated Mobile Health Services program to provide health services to a vulnerable senior who had been the victim of a crime in the city.

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A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

AGE-FRIENDLY LIVABLE COMMUNITIES
Click [here](#) for more information on Age-Friendly Livable Communities.

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To subscribe to this newsletter, email us at LivableEL@elderaffairs.org

Livable Community Spotlight:

City of Longwood

By Maria Regan, Planner II, Age-Friendly Coordinator, City of Longwood

The City of Longwood joined AARP and the World Health Organization's network of Age-Friendly Communities in December 2016, and soon began working towards the creation of an Age-Friendly Action Plan to improve the quality of life for its older citizens and the entire community. The City of Longwood is a small city of approximately 16,000 citizens and despite its small size, manages to squeeze in a lot of great work to help older adults within its community.

The City has found that partnership is the way to overcome the challenge of having limited resources compared to larger municipalities. The City's partnerships include the local Police Department, AARP, Florida Department of Health in Seminole County, and Meals on Wheels to name a few. In 2017, the City also partnered with students from Seminole State College for assistance with distributing a survey that would

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PHONE: (850) 414-2000
TDD: (850) 414-2001
EMAIL: LivableEL@elderaffairs.org

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Livable Community Spotlight: City of Longwood...continued from page 1

find out more about the needs of older adults and caregivers within the community. The results from this survey helped to form the base of the City's *Age-Friendly Action Plan* which was adopted in October 2019.

The City of Longwood is most proud of its collaboration with the Florida Department of Health in Seminole County (FDHHS). "Our collaboration has provided an opportunity to improve the lives of the older adults within the community and we are so happy to continue this relationship in the future," said Marie Regan, a Longwood City Planner and Coordinator of the City's Age-Friendly Initiative.

The collaboration with FDHHS has produced several projects including a community survey, a health aging expo, (a social event with live music, dance lessons, and various vendors offering advice on services and support), and the Healthy Seminole Show, which was produced in collaboration with Seminole County Government TV (SGTV), and featured the topic of Senior Health. The Show highlighted Age-Friendly work undertaken by FDHHS and various other partners within the community.

One of the most recent success stories resulted from a meeting the City coordinated between the Police Department and FDHHS. Both organizations have programs that work with older adults in the community. The *Are You Okay* (RUC) Program coordinated by the Police Department sends members of Citizens on Patrol (COPs) to visit elderly members of the community to provide assistance and resources. The Community Integrated Mobile Health Services program (CIMHS),

(Above image: Community Relations Officer Feld with Community Paramedic Fleemin and Longwood senior resident)

coordinated by FDHHS, sends a team of paramedics, nurses, and health advisors out to conduct health visits within the local community.

As a result of this meeting, the Police Department was able to connect the community paramedic team with a very vulnerable senior who had been the victim of a crime in the city. This member of the community is now under the CIMHS team's care and they have been out to conduct several follow-up health visits.

The Longwood Senior resident added: "I have the best people in the world taking care of me, that's for sure. They are my guardian angels. I am so grateful."

When the Police Department's Community Relations Officer, Kimberly Feld, heard about the case from a fellow police officer she knew to contact FDHHS regarding this program.

"This partnership is invaluable to us as officers out in the field. We see a need and can now bring in the resources to help! We are grateful for this opportunity to bridge the gap for the community members in need," Officer Feld stated.

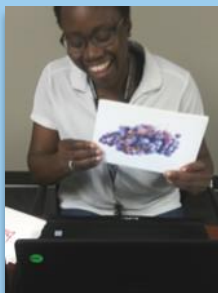
"FDHHS was very happy to receive the referral," John Fleemin, Community Paramedic added, "this is an excellent case and an example of shared value through municipal collaboration."

The City will continue to establish and expand upon partnerships to improve the quality of lives of its older residents with more good news stories to tell in the near future.

HUMAN TRAFFICKING TASK FORCE

Altamonte Boys and Girls Club

The Office of Health Promotion and Education provided interactive virtual education to elementary students through the state SNAP-ED grant program. On Wednesday, February 24th, Temi Thompson provided a fun session on fruits and vegetables to 3rd and 5th graders at the Altamonte Boys and Girls Club. In these pictures, Temi is showing color pictures of fruits and vegetables and the students are guessing the names of them.



Boys & Girls Clubs had its beginnings in 1860 with three women in Hartford, Connecticut - Mary Goodwin, Alice Goodwin and Elizabeth Hammersley. Believing that boys who roamed the streets should have a positive alternative, they organized the first Club. With character development as the cornerstone of the experience, the Club focused on capturing boys interests, improving their behavior and increasing their personal expectations and goals. To recognize the fact that girls are a part of their cause, the organization's name was changed to Boys & Girls Clubs of America in 1990.

Human Trafficking Task Force

On Saturday, February 20, 2021, Amanda Beal joined the Seminole County Human Trafficking Task Force (SHTTF) to sweep Seminole County's hotels/motels. The purpose of this sweep was to ensure that hotels/motels are following Florida's House Bill 851. The bill requires training for hotel and motel workers so they can better spot human trafficking, report it and potentially save victims. The SHTTF went out in teams with FDOH Human Trafficking posters to post within the hotels/motels' employee breakrooms; flyers of missing children's pictures to post on registration window; and information about free training on the "signs" of human trafficking.



Embrace Families Caseworkers

On March 5th, Melissa McRory, Senior Public Health Nutritionist Supervisor from the Women, Infants, and Children (WIC) program facilitated a Zoom presentation to approximately 60 Embrace Families caseworkers. Participants learned about the WIC Nutrition Program, healthy eating tips, meal planning and maintaining a healthy weight. The information is beneficial for the caseworker's own health and also designed to educate the caseworkers to refer foster mothers to the WIC program.



Embrace Families is a centralized network of individual companies that work to help Central Florida children who cannot remain safely in their home. They support them through foster care, adoption, mentoring and more to ensure that children in bad situations move toward brighter futures.

Fresh Stop Bus

On Thursday, February 25th, the Fresh Stop Bus sponsored by Hebni Nutrition made a community stop at one of Seminole Congregation Wellness Program partner's house of worship. In a drive-thru event, Alicia Burke, Temi Thompson, Amanda Beal and Hebni Nutrition staff were able to distribute educational materials and 25 bags of fresh fruit and vegetables to the community.

The Fresh Stop Bus is a one-of-a-kind mobile market which specializes in nutrition and healthy eating by focusing on consuming increased amounts of fruits and vegetables. Additionally, Hebni Nutrition offers programs where participants can learn how to cook healthy, affordable meals for the whole family with the resources provided on the Fresh Stop Bus.

Hebni Nutrition Consultants, Inc. is a community based, non-profit formed in 1995 to educate, high-risk, culturally diverse populations about nutrition strategies to prevent diet-related diseases.



Food Pantry

On Tuesday, March 2nd, employees assisted Amanda Beal, Food Pantry Coordinator, and Tammy Davis from The Sharing Center to prepare bags for Wednesday's Food Pantry.

Thank you, Sury Oro, Livia Gifford and Venite Dorvil! We appreciate your hard work and support!



Lake Mary Elementary School

The week of March 17th, Amanda Beal, educated 3rd to 5th graders at Lake Mary Elementary School for two days on the importance of fruits, vegetables and physical activity. This education is part of the SNAP-Ed grant that was awarded to DOH-Seminole. Amanda also arranged for the Fresh Stop Bus to come out to the school. The children picked out fruits and vegetables to take home and they pedaled a bike "cycle" to make a smoothie. The kids had fun!



Family and Friends Day Celebration

On Sunday, February 28th, Office of Health Promotion and Education (OHPE) staff members Alicia Burke, Herronda Mortimer and Dr. Zeenat Rahman joined the congregation of St. James House of Prayer in Sanford for their annual Family and Friends Day Celebration. The theme was "Keeping Faith in Christ Jesus During Times of Great Despair". Information on DOH-Seminole's programs such as Faithful Families and Gardening for Seniors was introduced to the congregation. Health resources including Diabetes Prevention and Self-Management Education programs were presented to the attendees. A health resource table was set up to provide additional resources such as cloth masks and promotional items in the foyer of the sanctuary, and staff members greeted each member as they entered the service.



Nemours Mobile Clinic

On Saturday, February 27th, Nemours Mobile Clinic was on site at DOH-Seminole providing free well-child checks and vaccines for uninsured children.



Solving Health Disparities

The Office of Health Promotion and Education Team attended the 2021 State of Black Health Virtual Conference: *Together We Can Solve Health Disparities*. The speakers and interactive events build on health equity solutions for African American communities. This year's conference included topics such as COVID-19, gun violence, mental health and a myriad of other critical public health issues.



Seminole County Sheriff's Office

DOH-Seminole staff met with partners from the Seminole County Sheriff's Office SCORE (Seminole Collaborative Opioid Response Efforts) Team and RASE (Recovery Advocacy Service Empowerment) peer counselors to discuss outreach events to target Seminole residents who are at risk for overdose.

The SCORE Initiative is a comprehensive approach to funnel those who have overdosed and are being treated in the Emergency Department and transition them through a pipeline of detoxification, stabilization, and treatment/rehabilitation. SCORE implements a collaborative, stabilization and treatment solution to reduce opioid overdoses, recidivism and mortality. This is a three (3) prong approach addressing and targeting Prevention, Enforcement, and Treatment (P.E.T.)

The RASE Project provides Recovery Support Services to inmates in Osceola and Seminole County Jails to assist them in achieving sustained recovery and reduce the number of reincarcerations for individuals released from jails in Central Florida.



Gardening for a Healthier You

On Tuesday, March 30th, staff from the Office of Health Promotion and Education (OHPE) kicked-off an edible Gardening Club at Warley Park Apartments in Sanford. This community edible garden is being offered to the community through SNAP-Ed's Gardening for a Healthier You (GFHY) Program. The GFHY curriculum consists of 5 lessons, providing basic information regarding gardening in Florida, the lessons will be held bi-weekly at the site on Tuesdays, from 4:30 to 6:30pm. Gardening kits and supplies to initiate the garden were donated by DOH-Seminole through its SNAP-Ed funding.

A group of Warley Park residents are participating in this project. Master gardener Rufus Boykins is providing hands-on training and tips for gardening, while gardening lessons are conducted by the Institute of Food and Agricultural Sciences (IFAS) Master Gardener, Kaydie McCormick and SNAP-Ed Coordinator Zeenat Rahman. During the National Public Health Week, a garden signage created by OHPE was unveiled during an informal ceremony to create awareness of healthy living. Community gardening projects through SNAP-Ed are currently in the works at other neighborhoods in the County. Any questions regarding community gardening projects should be addressed to Zeenat Rahman at 407-665-3392.



Child Abuse Prevention

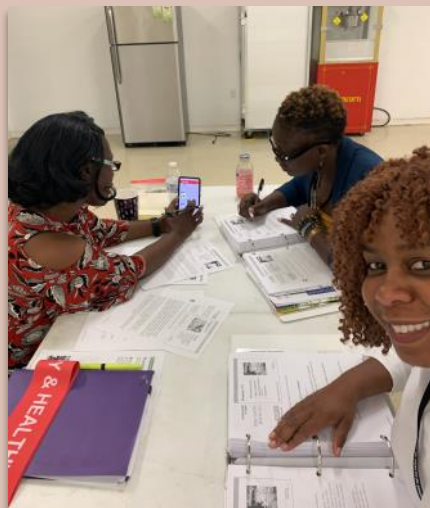
April was National Child Abuse Prevention Month which recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families. Seminole Florida Healthy Babies program participated in Pinwheels for Prevention and planted our pinwheels throughout the facility to promote Child Abuse Prevention.

The Pinwheels for Prevention campaign helps to educate communities about the importance of supporting children and families. Shining in the sun, the pinwheel is reflective of the bright future all children deserve and our belief that getting it right early is less costly than trying to fix it later. Each year, we turn Florida blue and silver with more than 70,000 pinwheels planted across the state.



Faithful Families, Thriving Community

On Wednesday April 8th, Alicia Burke and Herronda Mortimer met with the Seminole Congregational Wellness Health Ambassador for St. James House of Prayer, Laveera Cooper, to prepare for the upcoming Faithful Families educational session. The focus of the session was stretching the food dollar by utilizing grocery store apps and other money saving tips. Faithful Families, Thriving Community is a program utilized under Snap-Ed. The Eating Smart Moving More Curriculum allows public health educators to build bridges to better health by connecting healthy eating and physical activity to the religious and spiritual beliefs of various faith-based organizations. Classes are held at the St. James House of Praise on the 2nd and 4th Wednesday of the month. For more information contact Ajayi Pickeringhaynes at 407-665-3263.



Community Development Block Grant

The Fresh Stop Bus made a stop at Seminole Gardens Apartments in Goldsboro on Thursday, March 18th. A total of 25 bags of fresh produce along with education materials were distributed at no cost to residents in the community. A local partner Danni Adams, founder of Ama Pound Cake was also there and gave away bags of self-care products for girls and women, including natural topical skin products, masks and hygiene items. Kerry Wiggins - Sanford Commissioner of District 2 and Andrew Thomas - Community Relations & Neighborhood Engagement Director from the City of Sanford also stopped by for the community event. The free produce is funded through a CDBG grant with the City of Sanford.

The CDBG (Community Development Block Grant) that DOH-Seminole received for \$30,000 from the City of Sanford enables DOH-Seminole to distribute Healthy Food Boxes, as well as distribute fresh produce through outreaches such as the one above. It also partially funds healthcare workers such as a Community Paramedic, a Registered Nurse and a Community Health Worker who as part of our Community Integrated Mobile Health Services (CIMHS) team are able to provide services to Sanford residents.

National Minority Health Month

On Sunday, April 25th, participants of the Legacy Walk and Trail Clean Up at the Historic Goldsboro Boulevard Trailhead recognized National Minority Health Month. The stroll along the trail took place in memory of those who have paved the road before us and those impacted by COVID-19.



OVERDOSE PREVENTION STRATEGIES

Food Boxes

Community Integrated Mobile Health Services (CIMHS), through funding from the Kresge Foundation and the City of Sanford, partnered with Second Harvest Food Bank to provide healthy food boxes to residents in Seminole County. This initiative is in addition to the partnership with Harvest Time International where CIMHS and OHPE have delivered over 400 food boxes to members of the community since early February 2021.



Mobile Mammograms

On Friday, May 14th, the Breast and Cervical Cancer Early Detection Program in partnership with the Florida Breast Cancer Foundation and Women's Center for Radiology participated in the Mobile Mammograms Event at the Greater Providence Worship Center.



IOPSLL (Implementing Overdose Prevention Strategies at the Local Level)

LYNX buses and multiple billboards throughout the county have adopted messaging to increase awareness of services available to individuals struggling with substance use disorders. This marketing campaign was funded through the Centers for Disease Control and Prevention (CDC) and National Association of County and City Health Officials' (NACCHO) Implementing Overdose Prevention Strategies at the Local Level (IOPSLL) grant. DOH-Seminole's CIMHS team, in partnership with the Seminole County Sheriff's Office and Advent Health, are providing community services and performing targeted outreaches to offer services in an effort to reduce opioid overdoses in Seminole County. This bus was spotted in the parking lot at the Sanford location.



The goal of the Breast and Cervical Cancer Early Detection Program at DOH-Seminole is to decrease lives lost to breast and cervical cancer through increased screening, diagnostic follow-ups, care coordination, partnership building, maintaining provider networks, client reminder calls, and public and provider education with evidence-based interventions.

Leadership Seminole

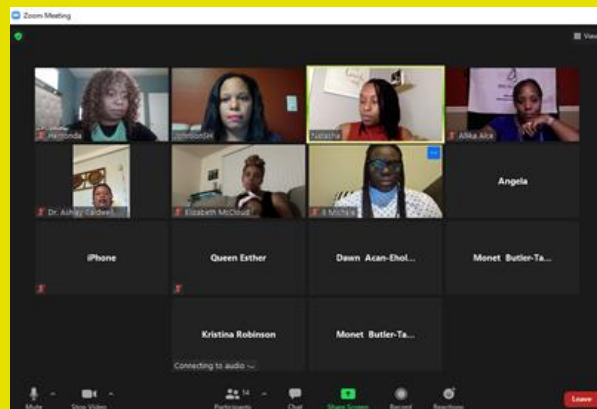


Donna Walsh joined hospital CEOs from Orlando Health South Seminole, Central Florida Regional and AdventHealth Altamonte Springs during the Leadership Seminole "Working Together for a Healthy Seminole County" panel discussion on Friday, April 30th. Commissioner Andria Herr moderated the session.

Leadership Seminole is a program that brings present and future community leaders together for the sharing of knowledge that will inspire them to step forward and make a difference in our community.

Black Maternal Health Week

On Friday April 16th, Herronda Mortimer and Sakialynn Johnson, International Board of Lactation Consultant Examiners (IBCLC), participated in a panel discussion that was hosted by Your Bold Birth and featured local professionals in the fields of birthing and breastfeeding, chiropractic medicine, mental health, personal care and nutrition. The event was in recognition of Black Maternal Health Week, founded by the Black Mamas Matter Alliance four (4) years ago. The theme was "Claiming our Power, Resilience, and Liberation," a topic to address Black Maternal Health, Rights and Justice.



Tai-Chi for Wellness

On Tuesday, May 11th, the Office of Health Promotion and Education (OHPE) staff hosted the first class of a 6 week series entitled Tai-Chi for Wellness. The activity was opened to individuals who reside in the Warley Park community. The community is an 81-unit apartment complex that is home to 41 chronically homeless individuals and 40 homeless families with on-site support services — including counseling, case workers and educational programs. The program goals are to provide an opportunity for residents to participate in an activity to reduce stress, reduce the risk of chronic disease and support overall wellness.



COOP Tabletop Exercise

On Tuesday, June 8th, Emergency Preparedness in conjunction with Critical Integrated Solutions, Inc. facilitated the DOH-Seminole Continuity of Operations (COOP) Tabletop Exercise (TTX) at Harvest Time International, Inc. The exercise scenario was a tornado. This is one more tool to assist DOH-Seminole to be ready for emergencies.



Annual Hurricane Exercise

On Monday, June 14th, DOH-Seminole staff joined Seminole County Emergency Management for their Annual Hurricane Exercise. Donna Walsh and Richard Hazel were located at the Emergency Operations Center (EOC) and other essential staff were located in the auditorium which is the Department Operation Center (DOC) during a real life event. The exercise scenario was Hurricane Trish and many injects had the team making critical decisions.



Partnership Recognition Award

Orlando Health presented DOH-Seminole with the Partnership Recognition Award during Community Health Improvement Week for the collaboration and dedication to improving the health and well-being of community members in Central Florida.



Health Services at Buster's Bistro

On Wednesday, June 2nd the Community Integrated Mobile Health Services (CIMHS) team attended Sanford Pride's Drag Bingo event at Buster's Bistro. CIMHS team members provided HIV testing and counseling, adult vaccinations (Flu, Hep A, Hep B, Tdap, and COVID-19), vital signs testing, PrEP education/referrals, and dispensed over 30 bags of prophylactics. Event attendees expressed gratitude to DOH-Seminole for being present at an LGBTQ+ sponsored event.



Youth Summit

On June 9th, Seminole County's Students Working Against Tobacco (SWAT) Chapter hosted the Youth Summit held at the Sanford Civic Center. Denita Pimienta talked about vaping and youth development throughout the different methods on how tobacco companies advertise. SWAT youth presented a short video and Melanie Santiago presented about the effects of maternal smoking during pregnancy (MSDP) and negative health effects of secondhand smoke (SHS) exposure. An interactive BINGO game was provided by Henisha Williams.



Johnson Hill-Washington Heights Community Outreach

DOH-Seminole staff participated in Juneteenth Celebration events in Oviedo hosted by the Johnson Hill-Washington Heights Community Outreach partners and in Sanford hosted by the Sanford and Orlando entertainment group and partners. DOH-Seminole services and upcoming events were promoted. Pictured below with DOH staff are Mayor of Oviedo, Megan Sladek and Seminole County Commissioner Bob Dallari.

Juneteenth is a federal holiday commemorating the emancipation of enslaved African-Americans. Originating in Galveston, Texas, it has been celebrated annually on June 19 since 1865.



Making Smart Drink Choices

On Thursday, July 8th, Herronda Mortimer facilitated the Making Smart Drink Choices presentation during the WIC Program's staff meeting. She taught the group on the amount of sugars in soft drinks, sodas and energy drinks.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Sports Drink	2 teaspoons	75
Lemonade	6¼ teaspoons	105
Orange Juice	7½ teaspoons	160
Sweet Tea	8½ teaspoons	120
Powdered Drink Mix (with sugar)	9 teaspoons	145
Cola	10¼ teaspoons	150
Fruit Punch	11½ teaspoons	195
Root Beer	11½ teaspoons	170
Grape Juice	12 teaspoons	200
Orange Soda	13 teaspoons	210

Use the above tip sheet to help your family make smart drink choices. To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

Special Needs Shelter Training



DOH-Seminole staff participated in the Special Needs Shelter (SpNS) Nursing Skills training on June 29th facilitated by Region 5 Special Needs Consultant, Valerie Risher, BSN, RN.

The Special Needs program is designed to provide disaster related evacuation assistance and care for those without other alternatives, and for those who need transportation assistance to a shelter, and/or have a health condition that requires medical attention in the shelter. Seminole County Office of Emergency Management (OEM) and Seminole County Health Department share the task of coordinating the Special Needs Program. Any person who needs assistance during evacuations and sheltering because of a physical, mental, cognitive impairment, or sensory disability may qualify for a special needs shelter.

Adopt-A-Road Cleanup

On Friday, June 18th, our committed Adopt-A-Road team made up of Samantha King, Venite Dorvil, Gary Jenkins, Herronda Mortimer, Donna Walsh and led by Cherie Sanders, endured the afternoon heat to ensure our roads remain nice and clean for all to enjoy!

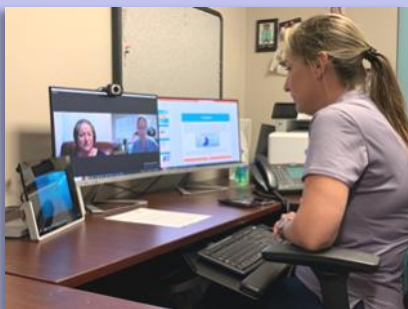
The Seminole County Adopt-A-Road Program is designed to involve the public in keeping Seminole County's roadways and waterways free of litter and debris, promoting watershed awareness, and engaging in stormwater education.

DOH-Seminole is responsible for cleaning a portion of Airport Blvd at least four (4) times throughout the permit year.



WDBO Public Affairs Show

On Friday, July 9th, Program Administrator for the Community Integrated Mobile Health Services Program, Kelly Welch did an interview with Beth Perrell for the CMG Radio/WDBO Public Affairs show. The interview was to highlight DOH-Seminole for receiving the 2021 Gold Innovative Practice Award by the National Association of County and City Health Officials (NACCHO). Kelly shared the innovative way that the needs of the community were met during this COVID-19 Pandemic.



The Barbershop Conversation

On Monday, July 26th, Preston Boyce and Alfredo Maldonado participated in the Facebook Live Podcast, "The Barbershop Conversation," at Teez Cutz and More in Sanford. The topic of discussion was HIV and STDs in our Community...Something We Don't Talk About. The live conversation had over 500 views.



Healthcare Heroes Parade

Seminole County first response agencies conducted a Healthcare Heroes Parade on Friday August 6th from 9-11am for all four (4) hospital locations in Seminole County. All municipal agencies, the Florida Department of Health and Seminole County Office of Emergency Management participated. The parade made a special stop by the home of Gavin Griffin, the son of a county deputy who is suffering from cancer, to deliver a care package. Donna Walsh, Cherie Sanders, Nerina Davila-Sanon, Carlos Diaz and James Witherspoon represented our DOH-Seminole Team.



Food Pantry Bagging



On August 5th, DOH-Seminole staff volunteered to prepare bags for food pantry clients.

Meritorious Service Award



Florida Public Health Association Meritorious Service Award

One award annually to an FPCHA member who has a record of outstanding contributions to FPCHA in the field of public health for several years. Nomination was submitted by a FPCHA member presenting a letter with justification and detailed narrative of achievements.

The 2021 Meritorious Service Award is being given to someone who exudes public health in everything she does. Through the past few years she has stepped up on the FPCHA Board and has led one of our interest groups. When FPCHA received funding for the National Institutes of Health All of Us Research Program Grant, this member helped develop an action plan for the funds and generated ideas on how to expand FPCHA membership diversity. She took the lead in developing a poster for the APHA Annual Convention - Affiliate Section to share the workplan and planning for the All of Us project.

She has leveraged grants for the Florida Department of Health in Seminole County to improve access of chronic disease education for her county through Certified Community Health Worker applications for Health Ambassadors from churches. Excellence with her County Health Department has also allowed them to become a recipient of National Association for Chronic Disease Directors funding to address Health Equity in Public Health Professions.

This member has regularly offered to share her expertise and best practices through webinars provided by FPCHA for its members. She is often one of the first to volunteer for projects and her energy helps drive FPCHA initiatives.

This year's Meritorious Award recipient is Venise White.

Pathways to Care

On Wednesday, July 14th, members from the Community Integrated Mobile Health Services (CIMHS) and the Seminole County Sheriff's Office Seminole Collaborative Opioid Response Efforts (SCORE) teams held an outreach event at Pathways to Care where over 50 services and referrals, including free haircuts, were provided to residents and the community.



GOLDSBORO TRAIL CLEANUP

Back 2 School Bash



Seminole County Public Schools and Action Church hosted the Back 2 School Bash on Saturday, July 31, 2021. The event provided Seminole County students and their families with back packs and school supplies, hair-cuts, health services, COVID-19 vaccines and groceries. The DOH-Seminole team offered asthma and mobile health services information, school health hygiene kits for youth, and dental services.

Internship

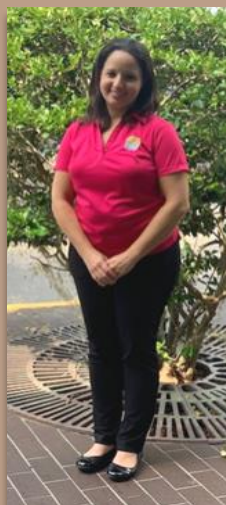
Melissa McRory, Senior Public Health Nutritionist Supervisor for the WIC program in Casselberry, received excellent feedback from one of their dietetic students she precepted. "It makes me feel good that I helped this intern find her career journey. Thank you for giving me the availability to help dietetic students meet their goals," said Melissa McRory.



See feedback below:

Hello Melissa, I hope all is well with you. I wanted to give you an update on how things are going so far in my RD journey. I graduated with my MS in

dietetics in 08/2020 and passed my RD exam last weekend and became an RDN! I am currently living in Los Angeles, CA, and am working as a full-time RD at PHFE WIC. I learned so much during my time with you and knew WIC was right for me. I wanted to thank you for taking the time of being my preceptor and helping me along the way through my RD journey. Best,



Goldsboro Trail Clean-Up



The quarterly Goldsboro Trail Clean-Up happened again on Sunday, July 25th. Amanda Beal, Preston Hawes, Olivia Burke and Barbara Coleman-Foster got up early and beat the heat! The group of four met at 8am and picked up 10 bags of garbage in 1 hour.



The Goldsboro Walking and Biking Trail is a trail that is approximately a mile long, located in the Goldsboro neighborhood of Sanford. DOH-Seminole adopted the trail on January 24, 2021 and cleans the trail quarterly.

Edible Education Experience

On Monday, July 26th, Amanda Beal, Herronda Mortimer and Zeenat Rahman toured the Edible Education Experience (EEE) in Orlando. EEE features a Teaching Kitchen and on-site Culinary Garden; provides innovative programming for local educational institutions and organizations; and collaborates with local healthcare systems. The facilities are also available for private events. For more information call 407-625-7770.



First United Methodist Church



On August 7th, WIC participated in an outreach event at First United Methodist Church in Oviedo organized by HOPE Helps, Inc.



KNOW 911: NON-EMERGENCIES VS. EMERGENCIES

DO NOT CALL 911 FOR:

- MINOR EXTREMITY INJURIES WITH NO DEFORMITIES OR LOSS OF FEELING OR CIRCULATION.
- MINOR CUTS OR ABRASIONS WITH BLEEDING STOPPED WITH GOOD FEELING AND COLOR
- EARACHE
- TYPICAL HEADACHE
- BACK PAIN, NOT IN SEVERE PAIN
- SORE THROAT WHERE YOU ARE STILL ABLE TO DRINK/SWALLOW WATER
- MILD COVID-19 SYMPTOMS

DO CALL 911 FOR:

- SERIOUS MEDICAL PROBLEMS
- FIRES
- SEVERE COVID-19 SYMPTOMS, INCLUDING = DIFFICULTY BREATHING, PERSISTENT PRESSURE ON CHEST
- CHOKING
- REPORTING A CRIME HAPPENING, LIKE A BREAK-IN
- WHEN LIFE OR PROPERTY IS ENDANGERED

PRAY FOR SANFORD

Pray for Sanford

On Thursday, August 19th, members from the CIMHS team conducted homeless outreach with Pray for Sanford. During the outreach, in addition to regular CIMHS services, the team provided cloth masks, hygiene kits and socks.



Drive Thru Baby Shower

On September 25th, Florida Healthy Babies in Seminole County participated in the Annual Healthy Start Coalition Baby Shower held at Northland Church in Longwood. The theme for the event was "Hear Us" Drive Thru Baby Shower. DOH-Seminole Florida Healthy Babies provided 80 educational folders with resources for safe sleep, breastfeeding, tobacco cessation and Shaken Baby Syndrome for expecting mothers in Seminole County. Prenatal bags were also provided by WIC.



Breast Cancer Awareness Month

Getting a jump start to Breast Cancer Awareness Month on September 30th, Herronda Mortimer and Stephanie Jackson attended "The All White Celebration" with the Dr. Velma Williams Westside Community Center Seniors. Attendees received information regarding the Breast and Cervical Cancer Early Detection Program.



Florida Planning Conference

On September 1st, Venise White from the Office of Health Promotion and Education joined Michelle Morrison and Luis Nieves-Ruiz from the East Central Florida Regional Planning Council, and virtually along with Norton Bonaparte, Jr., the City Manager of Sanford in Miami to present at the 2021 Florida Planning Conference. This year's theme was "There's Something About Sanford: Resilience of People, Prosperity and Place." Venise shared highlights of our work to address food insecurity through the Goldsboro Farmers Market, adoption of the Goldsboro Trail and involvement with the Choice Neighborhoods Initiative.



Healthy Seminole Collaborative

On Thursday, September 2, 2021, the Healthy Seminole Collaborative met to review progress toward goals and objectives on the 2020-2023 Community Health Improvement Plan (CHIP). Approximately 40 community members joined the meeting and shared insight and ideas to continue the progress of the Seminole County CHIP. The picture is of one of the subcommittee breakout sessions during the meeting.

NEW! Objective HE 1.1.5: By June 30, 2022, the Healthy Seminole Collaborative Health Equity Subcommittee will create a Seminole County Fetal Infant Mortality Review Board consisting of at least four community partners who will review infant (age 0-1) mortalities in Seminole County.

Activity	Discussion Questions	Barrier(s)	Solution(s)
Activity HE 1.1.5.1: By December 31, 2021, DOH Seminole will hold an initial meeting to identify at least ten community partners who will be invited to participate in the FIMRB.	Who are the ten community partners who were invited?		
Activity HE 1.1.5.2: By December 31, 2021, the FIMRB will meet at least monthly to finalize the process for implementation of the Seminole County FIMRB.	Meeting dates and summary.		

Community True Champion

DOH-Seminole received the Community True Champion recognition during the "2021 Ovation: A True Health Gala." Donna Walsh received the recognition from True Health and several staff were in attendance as well. It is an honor to work in partnership with True Health advancing health equity and building healthy communities together.



Truth Learning Academy

Truth Learning Academy is one of the many daycare centers providing childcare services to Seminole County residents and surrounding areas. Serving children ranging from infants to grade school, Truth Learning Academy takes pride in being a breast-feeding friendly daycare as well as practicing the ABCs of Safe Sleep. They celebrate every child's milestone and it motivates them to want to learn even more. The most rewarding part of their job is to see the children's little faces light up when they recite the alphabet, colors, numbers, and songs.

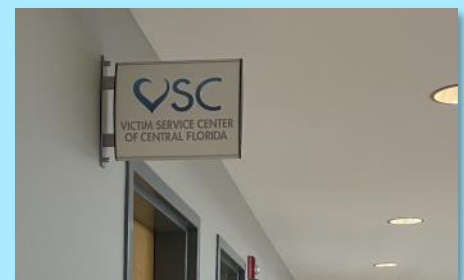
The daycare staff are required to complete the Safe Sleep course offered by the Department of Children and Families and apply the skills they have learned. The ABC's of Safe Sleep are: Alone, Back, and Crib. This means that they make sure each baby is sleeping by themselves and has their own space, sleep on their back because it decreases the risk of suffocation and sleep in their crib. "It is so important to follow the ABCs each time a baby is put to sleep because our number one priority is to keep our babies safe!" The daycare facility also encourages breastfeeding since this provides many health benefits for the baby. They believe that breastfed babies are healthy babies! All moms that are interested in breastfeeding are encouraged to do so. All staff that enter the infant room are trained on the proper handling of breast milk. Breast milk is carefully stored, and babies are fed according to the mother's requests and a private, quiet room is available throughout that day for moms who would like to nurse their babies. The Truth Learning Academy staff develop a strong bond with the children and the parents. It is challenging to say goodbye to children who graduate and also rewarding to see their growth. Even though it has been difficult during the pandemic just to stay open due to staff turnover, people afraid to work with little ones and school closures they are still serving the community and have had no outbreaks at the facility or church that houses it.

Truth Learning Academy is a Faith Based Institution that strives to be an innovator in the childcare industry. Staff work together to make sure that all kids are in a fun-filled, safe and loving environment every day.



Victim Service Center Grand Opening

On Wednesday, October 6th, the Victim Service Center (VSC) and the Florida Department of Health in Seminole County announced a new partnership to increase healing services for the community. VSC Executive Director, Lui Damiani, DOH-Seminole Health Officer, Donna Walsh and Executive Community Health Nursing Director, Sarah Wright announced the VSC Satellite Office Grand Opening, discussed the significance of the new partnership and shared about the Sexual Assault Nurse Examiner (SANE) program. Several media outlets provided coverage during this event.



Longwood National Night Out

On Tuesday, October 5th, Herronda Mortimer from the Breast and Cervical Cancer Early Detection Program (BCCEDP), and April Williams and Joan Vargas from clinical services participated in the City of Longwood's National Night Out at Candy Land Park. Attendees were provided with information and resources about health department services. Officer Kimberly Feld of the Longwood Police Department joined the team for a photo as she sported her specially designed badge in recognition of Breast Cancer Awareness Month.



It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

The Florida Department of Health in Seminole County was founded in 1941.

Seminole County is currently ranked number 3 out of 67 counties in the state of Florida for health outcomes and health factors.

SNAP-Ed Garden Project



On Wednesday, September 29th, a group of ladies from the East Altamonte Springs community garden gathered as they do every week to clean the garden plot and plant some delicious veggies they will later enjoy. Dr. Zeenat Rahman lead the group as part of the *Garden for a Healthier You* project through several classes funded by the SNAP-Ed federal grant. Tisia Byrd has been a member of the group since the garden started earlier this year. She is an experienced gardener and was invited to participate. Ms. Byrd loves digging in the dirt and enjoys the health benefits of gardening, especially socialization. "It is very therapeutic," she expressed. The ladies have already planted

okra, a variety of tomatoes, beans and a basil plant pollinator. Ms. Carolyn Hilsman also decided to help with the community garden and learn more so she can improve her home garden. She enjoys the camaraderie, exercise and the finished product of growing fresh veggies. The ladies hope to expand by planting herbs and placing raised beds to continue to have a successful garden, and would like to get more people involved as well as children.

Dr. Zeenat Rahman from the Office of Health Promotion and Education SNAP-Ed program shares some highlights of the gardening project:

"The Office of Health Promotion and Education (OHPE) received a grant to implement Supplemental Nutritional Assistance Program Education or SNAP-Ed programs in Seminole County. Currently, I am coordinating these programs for adults. SNAP-Ed is an evidence-based federal program that teaches people how to make their SNAP dollars stretch, how to shop for and cook healthy meals, and how to stay physically active. SNAP-Ed initiatives include nutrition education classes, social marketing campaigns, and efforts to improve policies, systems, and the environment of communities. DOH receives pass-through funding from the Department of Children and Families (DCF) to implement these programs in the counties.



Q: Tell us about the Gardening for a Healthier You Project.

A: *Gardening for a Healthier You* is a nutrition education program in a food garden setting. This program is based on a five-lesson curriculum developed by the Washington State University. The curriculum consists of basic key gardening concepts, nutritional benefits of growing produce, imparting skills of maintaining a good garden and increasing access and appeal of fresh produce. The program aims to enhance and motivate participants to increase consumption of fruits and vegetables. It also promotes food gardening as a physical activity and encourages participants to experience a healthy lifestyle through healthy eating and exercise. Light exercises and healthy garden recipes are shared during each session. We partnered with Seminole County Extension

Program (IFAS) for their Master Gardener, Kaydie McCormick, to assist in delivering the lessons. Also, Rufus Boykins, a retired IFAS Master Gardener has been instrumental in setting up the gardens. In the current funding cycle (October 2020 to September 2021), we have set-up two community gardens - one in Sanford, and one in Altamonte Springs. More are planned for the next year.



PrEP Education

On Tuesday, October 5th, PrEP in Seminole County participated in the 2nd annual Benefit Fair held at the Civic Center in Sanford. Staff members attending were Shaniece Edwards, Douglas Abreu and Cicily Martin. Staff engaged with City of Sanford staff and provided information connected to PrEP. DOH-Seminole PrEP provided educational brochures, palm cards and resources for the Purpose of PrEP, Regimen for PrEP and the Availability of financial assistance. PrEP materials were also provided by the PrEP department.



Pre-Exposure Prophylaxis (PrEP) is a comprehensive HIV prevention strategy that involves the daily use of antiretroviral medications to reduce the risk of HIV infection in HIV-negative individuals.

The Florida Department of Health in Seminole County PrEP services are offered on Mondays, Wednesdays, and Fridays from 9:00 a.m. to 2:30 p.m. Appointments can be scheduled by calling (407) 665-3690 or (407) 665-3278.

Mobility Week / Sanford Bike to Work Day

Venise White and Herronda Mortimer were interviewed by Lisa Holder, Communications Officer for the City of Sanford for a new podcast episode, "Sanford Bike To Work Day." The interview covered Mobility Week held October 29 - November 5, 2021 and encouraged all Sanford-area employers and their employees to participate in the Bike To Work Day event on Friday, October 29th. In this episode hear details of the event, why people should consider biking to work, and how you can get started biking to work. Herronda offered registered City of Sanford staff free fitted helmets. Search for and download Sanford Says wherever you listen to your podcasts: iTunes, SoundCloud, Spotify, Stitcher, TuneIn, iHeart Radio, Castbox, Deezer, Podcast Addict, Podchaser, Google Play Music, Google Podcasts.



Save a Heart CPR

On Thursday, October 28th, two Cardiopulmonary Resuscitation (CPR) trainings were facilitated in the auditorium. A total of 19 staff members participated in the training provided by Save a Heart CPR. The American Heart Association affiliated team taught the life-saving skills needed to perform CPR, the use of an Automated External Defibrillator, and the principles of First Aid, Advanced Cardiac Life Support (ACLS) and Pediatric Life Support (PALS).



Age Friendly Public Health

On Wednesday, November 3rd, Ana Scuteri and Kelly Welch participated in a Florida Age-Friendly Public Health Systems (AFPHS) meeting. DOH-Seminole has been mentoring DOH-Pasco in the AFPHS Mentor/Mentee collaboration to assist them in enhancing services for the elderly community.

The framework for AFPHS outlined six roles for public health engagement in healthy aging: the "6Cs Framework".

Ride, Walk and Shine!

On Friday, November 5th, DOH-Seminole concluded Mobility Week with a walk on the Healthy Seminole Walking Trail. Participants embraced the slogan Ride, Walk and Shine!, walking with their umbrellas in the rain. Venise White and Donna Walsh shared about the upcoming installment of the wellness equipment for adults and children, all the wellness activities taking place at DOH-Seminole and invited participants to join the Employee Wellness Committee.



From October 29th to November 5th, the Florida Department of Transportation and partners across the state celebrated the Sixth Annual Mobility Week. Events such as the one above promote travel choices such as public transit, walking, bicycling, safe driving and ridesharing.

THE 6 Cs FOR SUPPORTING HEALTHY AGING



Creating and leading policy, systems, and environmental changes



Collecting, analyzing, and translating relevant data



Connecting and convening multi-sector stakeholders



Communicating important public health information



Coordinating existing supports and services



Complementing existing health promoting programs



NUTRITION, DIABETES AND DRINK CHOICES

Nutrition, Diabetes, and Drink Choices



On November 8th, DOH-Seminole and Seminole County Public Schools (SCPS) Nutrition Red Apple Dining staff presented on Nutrition, Diabetes, and Drink Choices at the Galileo School for Gifted Learners. The chef made fresh green & vegetable salad for the kids. Hebni Nutrition provided smoothies, they also brought the bike blender and SCPS red apple dining did a salad food demo. There were about 23 students from 7th grade. Senator Brodeur invited the team to present as part of his Masters in Public Health project. Senator Jason Brodeur's public health project was called *Implementation Plan for Middle Schools to Develop a School Gardening Program*. As a background primer for the project were the following factors:

- Nearly one in five children and adolescents in the US are obese, affecting 14.4 million youth with low rates of fruit and vegetable intake
- Despite their growing use, there are a wide variety of approaches for implementing school gardens or Farm to School (FTS) programs
- Few resources exist which guide schools on the complex process of launching a robust gardening program



The purpose of this project was to describe the development and implementation of a school garden program aimed at 7th graders with a focus on offering practical steps and guidance for school administrators, teachers, and other stakeholders' groups.

The preceptor for the 7th grade class at Galileo School was Dr. Jayaram Brindala, MD, MBA, MPH, board certified physician in preventive medicine.

The anticipated impact of this project is that school gardening can be integrated with the wider curriculum to maximize learning: from nutrition education to practical growing and food preparation skills, to core curriculum subjects taught in fun ways. Also, as students learn more about nutrition and access to healthy foods, their individual choices may help stem a growing epidemic of obesity. Galileo teachers intend to use this program as a jumping off point to learn about climate change and resiliency.



Seminole County Public Schools Fall Festival

Florida Healthy Babies, PrEP and School Health teams participated in the Seminole County Public Schools Transition Fall Festival event on Saturday, November 13th at Winter Springs High School.

DOH-Seminole's team provided information about nutrition, the Florida Healthy Babies program, teen health and distributed 110 rapid COVID-19 tests to families.

The Transition Fall Festival is for families of all students with disabilities that have an IEP or Section 504 Plan, in grades K-12, who want information on a path to support their child while in school. The resources provided by community agencies at the Festival help families and students plan their future as they transition to adult life, educational, and/or work environments.



Substance Abuse Services



FREE
Mental Health and Substance Use Services Via Telehealth

To get started, visit www.impowerfl.org or call 321.639.1224

No-cost mental health and substance use counseling, medication, and services for low-income families and individuals needing help as a result of the pandemic are available through IMPOWER, a Florida non-profit organization.

Available Services

- Treatment for individuals and children experiencing mental health and/or substance use issues
- Counseling services through Licensed Clinicians or under the supervisor of Licensed Clinicians
- Psychiatric care, evaluation, treatment, and medication by board-certified Psychiatrists and Physician Assistants
- Assistance, coordination, and linkage to medication assistance and services that are essential to meeting basic human needs

Benefits of Telehealth

Telehealth is the delivery of medical services through a secure, private, live video connection via smartphone, tablet, or computer that has video conference capabilities.

- Receive quality substance use and mental health services remotely
- Flexible scheduling, like evening appointments
- Decreased wait time
- Miss less work or school time
- Requires no travel time or cost
- Decreases stigma
- Increases number of practitioners to choose from

To qualify for services, individuals must be uninsured, underinsured, be at 150% of the Federal Poverty Level, and have been impacted by COVID-19. Services available for Florida residents of any age.

To get started, visit
www.impowerfl.org
or call
321.639.1224

Scan with COVID
Rise

Florida's Substance Abuse and Mental Health Services
Administration and endorsement by the Florida Department
of Children and Families and the Central Florida Cancer
Health System

While the medical complications of COVID-19 are well documented, there are non-medical effects that are less evident yet no less important. The COVID-19 pandemic and the resulting economic recession has negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. Adults have reported difficulty sleeping or eating, increases in alcohol consumption and worsening chronic conditions due to worry and stress over the coronavirus, as well as isolation and job loss. The Florida Department of Health in Seminole County along with community partners strive to present resources and referrals for mental health assistance. The flyer and pamphlet shown here are two examples of such efforts.

BCCEDP and AdventHealth

The Breast and Cervical Cancer Early Detection Program (BCCEDP) is working to build community connections through providing education to our imaging centers partners. On December 14th, the BCCEDP team provided a program overview for imaging staff at AdventHealth East Orlando and Winter Park sites, both serve BCCEDP clients. Staff from both sites were very receptive to the information about the program and provided great feedback regarding how to increase utilization of the program. The staff is very eager to work with the Seminole Region BCCEDP.



Client Appreciation

As noted in the Message from the Health Officer, during 2021, DOH-Seminole continued to provide and enhance the services we were providing prior to our COVID-19 response. These comments of appreciation from clients attest to the quality of these services and the professionalism of our staff providing them.

- WIC team – “Thank you for your help.” and “Very good program with excellent education and counseling support.”
- Noemi Flores from Clinic – “the nurse Noemi was really helpful and extremely nice. Overall great experience.”
- Mary Howard from Environmental Health – “Mrs. Howard, Thank you for your excellent customer service and for sharing your knowledge with us. We appreciate you.”
- Vital Statistics team — “Went above and beyond to help me.”
- Herronda Mortimer from Diabetes Prevention team - “Very pleased with the service provided. Herronda was excellent. She scheduled the presentation. The day of the presentation she was there to be sure everything went well.”
- Appointments and clinic team - “The staff and doctors was very helpful. I came here stressed and concerned about my health issues and they informed me with the correct info I needed. I love this staff.”
- Lisa Bernschein from Environmental Health - “Lisa Bernschein with Environmental Health was excellent and very thorough of what the requirements were in order to have a tattoo establishment license. She also provided very valuable information of records that must be maintained on file providing folders for each. I appreciated the inspector taking the time in clarifying and answering my questions. I now am very clear of what is expected.”
- School Health Team - “The staff that came to Wicklow are all awesome.”
- Cierra Hodges and Health Services Staff - “I want to express my gratitude to Cierra for her kindness in helping me acquire a vaccine appointment. I am a senior who has no internet, car, or help to easily navigate getting an appointment. Cierra was patient, calm, kind and efficient in seeking me an appointment. I am grateful to her for her patience. Thanks to all who put forth the efforts in making a vaccine happen.”



Compiled and edited by Pranav Mehta.
Please send comments and suggestions to:
Email: pranav.mehta@flhealth.gov
Visit us at: seminole.floridahealth.gov



The COVID-19 Call Center is available 24/7 at (866) 779-6121 and on the web at COVID-19@flhealth.gov